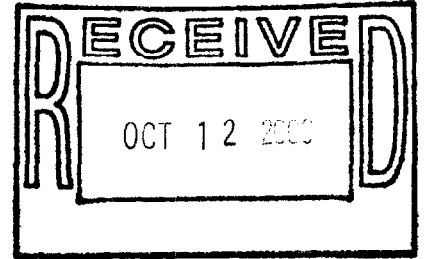


Partners in Health and Beauty
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Office of Special Nutritionals (HFS-450)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C Street, SW
Washington, D.C. 20204

October 11, 2000

This letter serves as a 30 day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 (DSHEA), that Country Life® is using the following statement on the label of product Ultimate Athlete's Joint and Muscle Formula Softgels (dietary ingredients: vitamin C, vitamin E, manganese, boswellia serrata, omega-3 fish oil, glucosamine HCl, glucosamine sulfate, chondroitin sulfate, poly-NAG, green lipped mussel extract, CMO, gamma-linolenic acid & boron). This statement is accompanied by the required disclaimer. To the best of my knowledge, the information contained in this notice is complete and accurate.

Ultimate Athlete's Joint and Muscle Formula is designed to address the source of athletic discomfort. This synergistic complex provides the building blocks used in the production of bone, cartilage, tendons, joints and membranes. Herbal extracts and nutrients are included which help reduce free radical production and give temporary relief to joint and muscle discomfort due to athletic activity.

Sincerely,

Morag Thorsen
Regulatory Affairs Manager B.A., M.A.L.S.

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